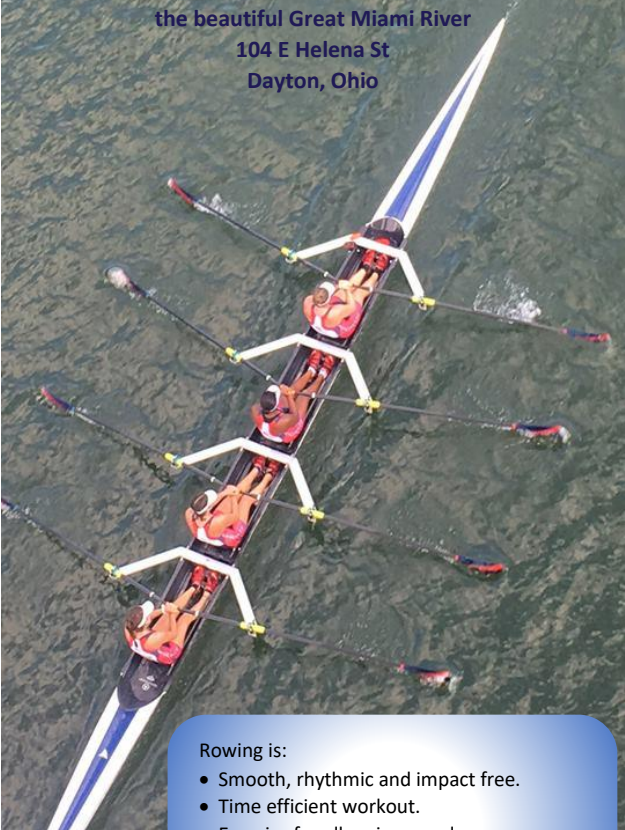


Want to learn how to row but don't know how to get started? Learn the sport's fundamentals with our exciting new Learn To Row (LTR) options. Prior rowing experience is not required.

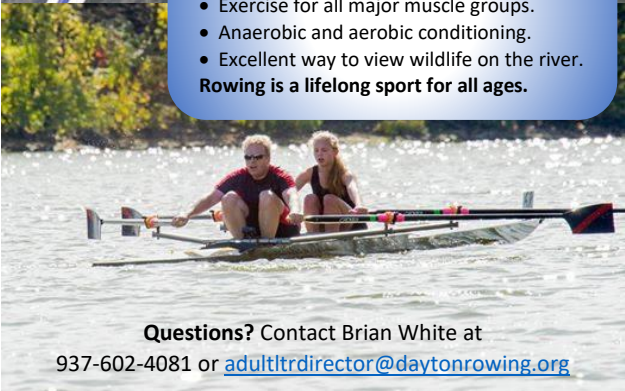
Classes are held at Island MetroPark boat house and on the beautiful Great Miami River
104 E Helena St
Dayton, Ohio



Rowing is:

- Smooth, rhythmic and impact free.
- Time efficient workout.
- Exercise for all major muscle groups.
- Anaerobic and aerobic conditioning.
- Excellent way to view wildlife on the river.

Rowing is a lifelong sport for all ages.



Questions? Contact Brian White at

937-602-4081 or adultltrdirector@daytonrowing.org

Learn to Scull 101

Six 2-hour Saturday/Sunday group rows in a quadruple scull with two students and two experienced instructors or a double scull with one student and one instructor. Experience the rhythm and beauty of team boat rowing. Sessions will be held from 10AM-noon starting May 18th & May 19th and concluding June 8th & June 9th. (Note: Classes will not be held Memorial Day weekend.)

Learn to Scull 102

Six 2-hour Saturday/Sunday sessions in a single scull with instruction and demonstration by an experienced rower and additional coaching from a safety launch. Step up to the challenge of rowing a single with a group. Sessions will be held from 10AM-noon starting June 15th & June 16th and concluding June 29th & June 30th. Learn to Scull 101 is encouraged but not required. LTS101 participants may sign up for free.

Learn to Sweep

Six 2-hour Tuesday/Thursday group rows in an 8+ with four students, four experienced rowers, and a coxswain. The sweep 8+ is the biggest and fastest boat you see at rowing events. Sessions will be held from 6-8PM June 4th & June 6th and concluding June 18th & June 20th. LTS101 and LTS102 participants who want to experience sweep may sign up for free.

Learn to Row Camp

This intensive two-day camp will teach the basics of sculling in one weekend. Lunch and an afternoon snack will be provided. Sessions will be held from 10AM-4PM on June 8th & June 9th. Saturday's rows will be in a quadruple or double scull with an equal number of students and instructors. Sunday's rows will be in a single with the instructors demonstrating from their own boat and additional coaching from a safety launch.

Class Fee: \$75.00 fees are non-refundable

Register on-line at:

www.RegattaCentral.com

Go to the **Learn-to-Row** tab and find
Greater Dayton Rowing Association,
Click on **Adult - Learn-to-Row**

Participation Prerequisites

In order to successfully learn to row, you must have good balance and overall physical mobility, as well as the ability to:

**Swim, Lift 25 lbs. over your head
and do deep knee bends**

daytonrowing.org